

AH

A Taste of Ariel House

Delicious Recipes from our Kitchen





52

AA



Welcome

Welcome to Ariel House.

We are delighted to bring you this collection of some of our most popular treats. We take great pride in the fact that our gorgeous offerings come straight from our ovens to the dining room and we are often asked by guests for the recipes, so we decided to share them.

We love using local producers and great ingredients and even more so since our owner Jennie McKeown completed the Ballymaloe cookery course where this was instilled in her. Jennie returned with a love of home baking and from this the seeds of our stomach-rumbling afternoon teas emerged.

Indulging in afternoon tea here is such a relaxing way to spend an afternoon. Our menu changes daily and these recipes will allow you to have a little taste of Ariel House in your own kitchen.

We look forward to welcoming you back very soon!

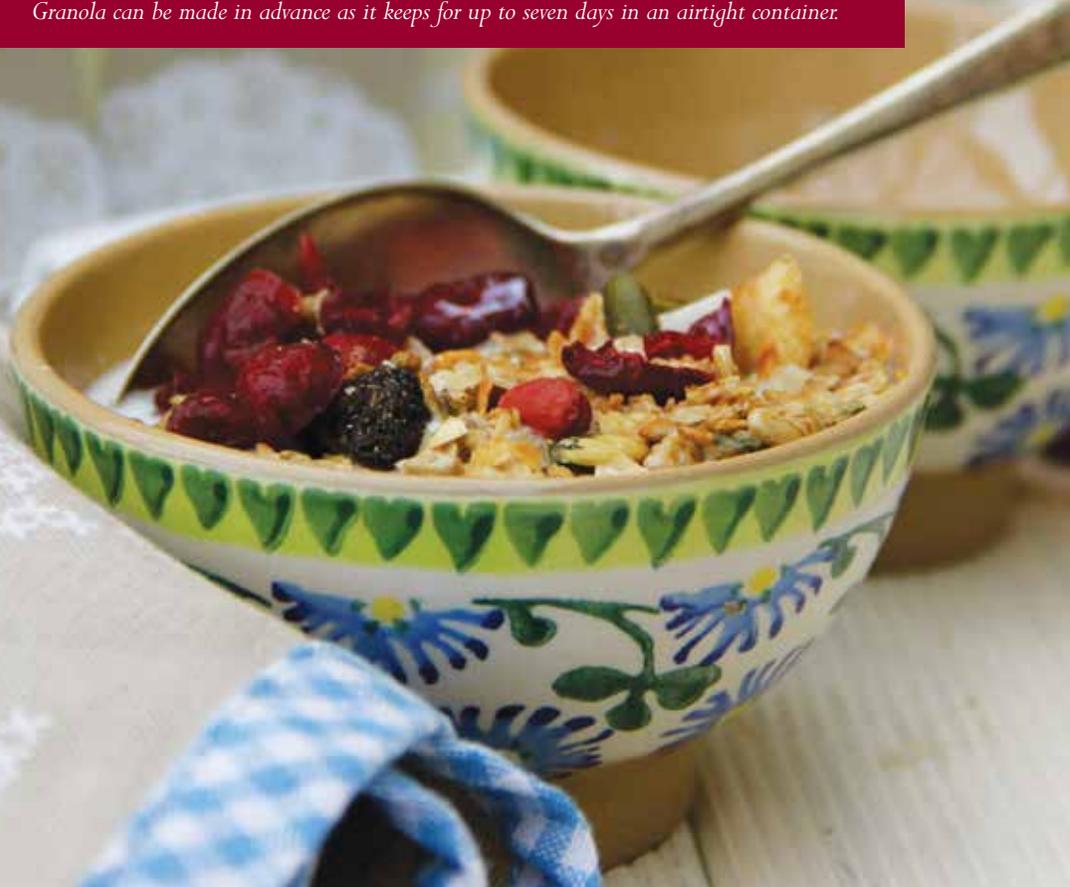


Contents

Crunchy Granola	7
Brown Bread	9
Afternoon Tea Scones	11
Pancakes	13
Coffee & Walnut Tray Bake	15
Caramelised Orange and Dark Chocolate Pavlova	17
Dark Chocolate Truffles	19
Halloween Tea Brack	21
Mince Pies	23
Mulled Wine	25
About Us	26

Food styling and photography by Paula Ryan Photography.

Our homemade granola is one of the most popular items on the breakfast buffet. It makes a delicious breakfast served with natural yoghurt and fruit or with a splash of milk. Granola can be made in advance as it keeps for up to seven days in an airtight container.



Crunchy Granola

Ingredients:

- 350g honey
- 8 fl ozs oil e.g. sunflower
- 370g oat flakes
- 220g barley flakes
- 200g wheat flakes
- 100g rye flakes
- 150g seedless raisins or sultanas
- 150g peanuts/hazelnuts or cashew nuts, split and roasted
- 70g wheatgerm and/or millet flakes
- 50g chopped apricots

Instructions:

1. Mix the oil and honey together in a saucepan. Heat just enough to melt the honey.
2. Mix well into the mixed flakes. Spread thinly on two baking trays.
3. Bake in a moderate oven 180 degrees for 20-30 minutes, turning frequently, making sure the edges don't burn. It should be just golden and toasted, not roasted!
4. Allow to get cold. Mix in the raisins or sultanas, roasted nuts, toasted seeds, chopped dates, apricots and wheatgerm.
5. Store in a screw top jar or plastic box, keep for 1-2 weeks.



This is our own brown bread recipe which we make every day. Freshly baked bread is a lovely addition to the breakfast menu each morning. We sometimes add a handful of dried cranberries and chopped walnuts which gives a nice festive twist.

Brown Bread

Ingredients:

- 185g self-raising white flour
- 85g wholemeal flour
- 30g porridge oats
- 1/2 tsp sugar
- 1/2 tsp salt
- 1 1/2 tsp baking powder
- 1 tsp bread soda
- 1 egg, lightly beaten
- 280ml milk
- Makes 1 loaf

Instructions:

1. Preheat the oven to 180 degrees.
2. Mix all the dry ingredients thoroughly.
3. Add the lightly beaten egg.
4. Add the milk.
5. This makes quite a wet mixture, pour into a greased loaf tin.
6. Bake for 35-45 min until base sounds hollow when tapped.

This recipe makes the lightest scones and is adapted from Jennie's days at Ballymaloe. We often add chopped apple from the tree in the garden for an Autumn twist.



Afternoon Tea Scones

Ingredients:

- 900g plain white flour
- 175g butter
- 3 free range eggs, whisked lightly
- Pinch of salt
- 50g caster sugar
- 3 heaped tsp of baking powder
- 450ml of milk
- Egg wash
- Granulated sugar for sprinkling
- Makes 18 scones

Instructions:

1. Preheat the oven to 250 degrees.
2. Sieve all the dry ingredients into a bowl.
3. Cut the butter into cubes and rub into the flour mixture.
4. Make a well in the centre before adding the whisked eggs and milk to form a soft dough.
5. Turn out onto a floured board before shaping into a round approximately 1 inch thick.
6. Stamp out into scones using a cutter or a small glass.
7. Place on a baking sheet before brushing with egg wash and sprinkle with sugar.
8. Bake for approximately 15 minutes until golden.
9. Cool on a wire rack or enjoy warm!

Homemade pancakes are a big favourite on our breakfast menu, particularly with children. Best eaten from pan to plate, we cook these to order to be sure they are served light and fluffy. Topped with Pat O'Neills streaky bacon and drizzled with maple syrup.



Pancakes

Ingredients

- 250g of plain flour
- 2 tsp baking powder
- 1 tsp sea salt
- 50g of Sugar sugar
- 250ml of milk
- 2 eggs, lightly beaten
- 50g unsalted butter, melted
- Slices of grilled bacon
- Maple Syrup to drizzle
- Icing sugar to dust
- Serves 4

Instructions

1. Sift the flour, baking powder, salt and sugar into a bowl.
2. Mix the milk, eggs and the melted butter in a large jug, then add the flour mixture and mix quickly to make a batter.
3. Heat a cast iron frying pan or flat-surfaced griddle until medium-hot, grease lightly with the extra butter and pour in the batter in batches to make rounds 8-10cm/3-4in in diameter.
4. Cook for 1-2 minutes or until bubbles form on top of the pancakes and the underside is golden, then flip each one over and cook for one minute.
5. Top with grilled bacon, drizzle with maple syrup and dust with icing sugar to serve.

This tray bake recipe which Jennie brought home from her studies at Ballymaloe Cookery School makes the lightest sponge. We make a variety of toppings, depending on the day and season; some of our favourites are coffee and walnut, chocolate buttercream, biscuit crumb and lemon drizzle or raspberry jam and coconut.



Coffee & Walnut Tray Bake

Ingredients:

- 225g Irish creamery butter
- 225g soft brown sugar
- 285g self-raising flour
- 2 tsp baking powder
- 4 eggs
- 2 tbsp milk

For the icing:

- 85g Irish creamery butter
- 225g icing sugar, sifted
- 1 tsp milk
- 2 tsp coffee essence (or strong instant coffee)
- Walnut halves to decorate

Instructions:

1. Preheat the oven to 180C/350F/Gas 4.
2. Grease and base-line a 30x23cm roasting tin with greaseproof paper.
3. Place all the sponge ingredients into a large mixing bowl and beat well for about 2 minutes until well mixed.
4. Turn the mixture into the prepared tin and level the top.
5. Bake for about 35-40 minutes or until the cake is firm to touch but springs back when pressed in the centre with your fingertips.
6. Leave to cool in the tin.
7. To make the coffee icing; cream together the margarine with the icing sugar, milk, coffee essence until nice and smooth. Spread evenly over the cake using a palette knife, then decorate with the walnut halves and dust with a little icing sugar.
8. The cake can be cut into small squares of equal size, with one walnut half decorating each square.

Homemade Pavlova is a staple on our Afternoon Tea menu and we love to vary the toppings. We think the caramelised orange and dark chocolate gives a nice festive look to the dish!



Caramelised Orange & Dark Chocolate Pavlova

Ingredients:

- 4 egg whites
- 225g caster sugar
- 1 tsp cornflour
- 1 tsp white wine vinegar

For the topping:

- 2 oranges, peeled, pithed and cut into thin slices
- 250g caster sugar
- 125ml water
- 300ml of cream
- 1 tbsp icing sugar
- 1 vanilla pod

Instructions:

1. Heat the oven to 180C. Cover a baking sheet with baking parchment.
2. Whisk the egg whites with electric beaters until they just form stiff and shiny peaks.
3. Gradually add the sugar, a couple of tablespoons at a time and whisk really well between each addition. When all of the sugar is used up, continue whisking for 3-4 minutes or until the meringue is stiff and glossy and stands up in peaks.
4. Whisk in the cornflour and vinegar.
5. Spoon the mixture onto the baking parchment and use a palette knife to make a circle about 20cm in diameter. Put in the oven, turn the temperature down to 120 degrees and cook for 1½ hours. Carefully peel off the baking parchment and put the pavlova on a serving dish.
6. Put the sugar and water into a large saucepan and swirl until the mixture turns amber. Take off the heat and add the orange slices. Quickly coat them and remove to a piece of parchment paper, allow to cool.
7. Scrape the vanilla seeds into a mixing bowl, add the cream and softly whip, then spoon onto the pavlova.
8. Place the orange slices on top and grate over the dark chocolate.

*A little box of our mouth-watering chocolate truffles
makes a lovely handmade Christmas gift.*



Dark Chocolate Truffles

Ingredients:

- 150g of dark chocolate, 70%
- 30g of soft, unsalted butter
- 150ml of double cream
- Cocoa powder and chopped almonds to decorate
- Makes 36 truffles

Instructions:

1. Chop the chocolate into small pieces, place in a bowl.
2. Heat the butter and the cream in a saucepan on a low heat until the mixture starts to bubble.
3. Pour the hot mixture onto the chocolate and mix well, making sure it is well blended.
4. Allow the mixture to sit in the fridge overnight.
5. Take teaspoons of the mixture and roll into balls, dusting in cocoa powder or chopped nuts until all the mixture is used.
6. Wrap and gift to friends or serve as a simple petit four.

This is such a favourite at Ariel House that we serve it as tea bread all year round, not just at Halloween. Steeping the fruit and cherries in cold tea overnight give a lovely moist texture to the brack.



Halloween Tea Brack

Ingredients:

- 300ml cold tea
- 4 tsp Jameson Irish Whiskey
- 110g sultanas
- 220g currants or raisins
- 55g chopped glacé cherries
- 55g chopped mixed peel
- 200g brown sugar
- 225g self-raising flour
- 1 egg, beaten
- 1 tsp ground nutmeg
- Makes 1 loaf

Instructions:

1. Place the cold tea and whiskey in a bowl. Add in the sultanas, currants, glacé cherries and mixed peel. Cover and set aside to soak overnight.
2. Preheat the oven to 180°C/350°F/Gas 4.
3. In a mixing bowl, mix together the sugar, self-raising flour, beaten egg, nutmeg and soaked fruit, with its soaking liquid until well-mixed.
4. Transfer the mixture to a loaf tin, lined with baking paper.
5. Bake for 1½ hours, until risen and set.
6. Remove from the oven and cool for 10 minutes in its tin, then turn out and cool on a wire rack.
7. Serve in slices with butter.

The pastry in these little mince pies is so light, thanks to the ground almonds in the pastry mix. We like to serve with a generous spoon of softly whipped cream with a splash of Baileys liqueur.



Mince Pies

Ingredients:

- 225g plain flour
- 125g caster sugar
- 100g ground almonds
- 125g margarine (room temperature)
- 1 egg (beaten)
- A little water, if necessary
- Makes 24 mince pies

For Filling:

- 450g mincemeat

Instructions:

1. Preheat oven to 200°C/390°F/Gas 6. Lightly grease patty/bun tins.
2. Put flour, sugar and ground almonds into a mixing bowl and mix well together.
3. Rub margarine through the dry ingredients. Add the egg and water, if required, and mix to a soft dough.
4. Turn onto a lightly floured board and gently knead.
5. Cover with cling film and keep in fridge until ready to use. The pastry will keep for about three days.
6. Roll pastry on a floured board and cut rounds with a cutter to fit greased bun/patty tins. Put a teaspoon of mincemeat in each and cut a star shaped lid from remaining pastry to put on top.
7. Bake for about 15 minutes or until golden brown.

Best enjoyed with a warm mince pie!



Mulled Wine

Ingredients:

- 1 bottle of red wine
- 2 large oranges, juiced
- 1 lemon, juiced
- 2 cinnamon sticks
- 1 tbsp honey
- A splash of brandy
- 1 orange, sliced & studded with cloves

Instructions:

1. Place all the ingredients into a large pot and allow to heat thoroughly.
2. Do not allow the mixture to come to the boil.
3. Serve immediately.

About Ariel House

Take yourself back to Victorian Dublin, sink into an oversized armchair, indulge in afternoon tea or enjoy a glass of wine. Simply relax with the daily broadsheet or plan the day with our carefully prepared concierge book - our recommendations to enhance your stay in Dublin.

Whilst incorporating the comforts of modern life, our bedrooms are individually designed in keeping with the character of Ariel House.

Breakfast is a real occasion at Ariel House. A la carte menu, home baking, fresh fruits and farm produced yoghurt, homemade preserves and chutney. A winning combination!

Ariel House is located in the heart of Ballsbridge, Dublin 4, on the doorstep of the Aviva Stadium, Lansdowne Road. Minutes from the City Centre, RDS and Dublin Convention Centre. We are also close to the Bord Gais Energy Theatre and the O2.





AH

Ariel House, 50-54 Lansdowne Road, Ballsbridge, Dublin 4, Ireland

T: +353 1 668 5512 F: +353 1 668 5845

E: reservations@ariel-house.net

www.ariel-house.net

